



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON HEIDELBERG
UNIT 29237
APO AE 09102-9237

IMEU-HEI-MWR

15 March 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: United States Army Garrison Heidelberg (USAG Heidelberg) Command Policy Memorandum # 52, Teen Fitness Program

1. This memorandum provides guidance for the Teen Fitness Program for youth ages 12-15.
2. The program accomplishes the following:
 - a. Introduces youth to a healthy lifestyle which includes, learning to nourish their body with everything it needs while letting their adventurous spirit entice them into trying new foods.
 - b. Providing youth with daily activities and specific workouts.
 - c. Starting an exercise journal to track their progress and provide motivation.
3. Youth Fitness Programs for ages 12-15 operated in a Fitness Center must be one of the following:
 - a. Accompanied by, under the direct supervision of and actively taking part in the same activity as their parent or guardian.
 - b. Participating in a special program organized and conducted by Child & Youth Services (CYS), DOD Dependents Schools, other authorized youth organizations or Fitness Center Staff who have received the same training and background checks as CYS personnel.
4. In the Youth Fitness Program, teens ages 12-15 may use facilities in their community provided they have received training in accordance with their Garrison plan, are in possession of a certification card and are monitored by a CYS staff member or Fitness Center staff member with the required background checks and training.
5. Point of contact is Tom Dennis USAG Heidelberg at DSN 373-8687.

/s/
WILLIE E. GADDIS
Colonel, AV
Commanding

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